

ADULT

ACTIVITIES & SPORTS

DANCE

Ballroom Basics

In this popular dance series the focus will be on Foxtrot, Waltz and Single Time Swing. The easy pace and simple instructions will help you learn quickly, and feel comfortable on any dance floor. This is an excellent class for all levels and for those who want to improve their leading and following. Leather sole shoes are recommended. Singles or couples welcome.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non-Res

Dublin Senior Center

Fri 9/25-12/4* 7:00-8:00 PM Activity #39198

*no class 10/2, 11/13 & 11/27

Adult Tap I

Appropriate for both beginner and intermediate dancers, students will be introduced to a variation of time steps, tap turns, floor combinations, and application of various syncopated rhythms to music with an emphasis on clean footwork. Tap shoes are required.

8 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non-Res

Dublin Heritage Park & Museums

Tue 9/29-11/24* 7:45-8:45 PM Activity #39068

*no class 10/13

Tue 12/1-2/9* 7:45-8:45 PM Activity #39072

*no class 12/22, 12/29 & 1/26

Adult Tap II

Tap II expands on the basics of Tap I, with the addition of intricate rhythm variations, so students should have previous tap dance experience. Tap provides great exercise for the mind and body and is loads of fun! Tap shoes are required.

8 Classes

Instructor: Castro Valley
Performing Arts

15 Years+ \$66 Res/\$79 Non-Res

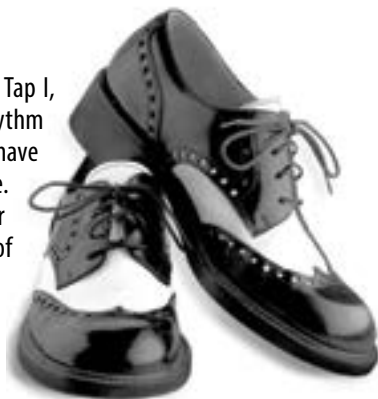
Dublin Heritage Park & Museums

Tue 9/29-11/24* 6:45-7:45 PM Activity #39069

*no class 10/13

Tue 12/1-2/9* 6:45-7:45 PM Activity #39070

*no class 12/22, 12/29 & 1/26



Bollywood Fusion for Adults

This exciting class has energy and artistic choreography. With a degree in Indian Classical Dance, instructor Vaishnavi Misra infuses Bollywood music and moves with rich, world choreography, to produce a dance form so spectacular that you won't want to stop dancing! With tips and tricks to doing it right, learn this art form while keeping in shape and increasing your energy level. Teens, ages 13-16 may register if accompanied by a registering adult.

9 Classes Instructor: Vaishnavi Misra

17 Years+ \$126 Res/\$151 Non-Res

Shannon Community Center

Tue 9/22-11/17 7:00-8:00 PM Activity #39387

Tue 12/1-2/9* 7:00-8:00 PM Activity #39388

*no class 12/22 & 12/29

East Coast Swing

This dance is fun! Start with single timing, then transition to triple timing which will help you feel comfortable at any event. Simple instructions will help you learn quickly. Singles and couples are welcome. This is an excellent class for beginners or those who want to improve their leading and following. Leather sole shoes are recommended.

8 Classes Instructor: Catherine Morgan

18 Years+ \$50 Res/\$60 Non-Res

Dublin Senior Center

Fri 1/8-3/4* 8:00-9:00 PM Activity #39238

*no class 2/12

Irish Dance for Teens/Adults

Beginner and intermediate level dancers will learn a variety of soft and hard shoe dances, as well as group dances. Traditional 'set dances' will also be taught. A recital will be held on the last night of class. Beginning students do not need Irish Dance shoes.

6 Classes Instructor: Valerie Deam

13 Years+

Dublin Heritage Park & Museums

9 Classes \$70 Res/\$80 Non-Res

Thu 9/24-12/17* 8:00-9:00 PM Activity #39421

*no class 10/15, 11/26, 12/3 & 12/10

6 Classes \$55 Res/\$66 Non-Res

Thu 1/7-2/11 8:00-9:00 PM Activity #39422

Latin Basics

In this popular dance series, you will learn Cha-cha and Rumba, and an introduction to Salsa. Salsa is fast, and taking Latin Basics will help you learn the turns and tempo changes first for a greater dance experience. Simple instructions will help you learn quickly, and feel comfortable on any dance floor. This is an excellent class for all levels and those who want to improve their leading and following. Singles or couples welcome. Leather sole shoes are recommended.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non-Res

Dublin Senior Center

Fri 9/25-12/4* 8:00-9:00 PM Activity #39226

*no class 10/2, 11/13 & 11/27

Wedding Days First Dance

Turn your first dance from basic into a stylish event. Impress your family and friends with basic Foxtrot and Waltz dance steps with special attention to the beginning and ending of your dance to add flare to your wedding or special occasion. Simple instructions will build your confidence quickly, and the smooth flowing routines with easy turns that will prepare you for event. Registration fee is per person.

8 Classes Instructor: Catherine Morgan

16 Years+ \$50 Res/\$60 Non-Res

Dublin Senior Center

Fri 1/8-3/4* 7:00-8:00 PM Activity #39237

*no class 2/12

MUSIC & ART

Beginning Ukulele

Learn the basics of playing the ukulele. Focus is on learning chords, strumming, and melodies through playing contemporary and traditional Hawaiian songs. Participants will play songs together as a group each week. Each course is revised with additional songs.

6 Classes Instructor: Glenn Staller

13 Years+ \$99 Res/\$119 Non-Res; plus \$20 materials fee

Shannon Community Center

Mon 9/21-10/26 6:30-7:30 PM Activity #39265

Ukulele II

This course is a continuation of the beginning class and focuses on songs, various styles, techniques, and playing together. Learn the fret board including scales, chords, and putting it all together.

6 Classes Instructor: Glenn Staller

18 Years+ \$99 Res/\$119 Non-Res; plus \$20 materials fee

Shannon Community Center

Mon 11/2-12/14* 6:30-7:30 PM Activity #39266

*no class 11/30



Hand Painting on Glass

Learn to paint on clear and colored glass items such as candleholders, wine glasses, vases, plates and candy bowls. Use designs and patterns to change an ordinary piece of glass into a work of art! Step-by-step demonstrations will be given, and students will finish five or six pieces. No experience is needed and all materials will be provided.

6 Classes Instructor: Zina Kassab

18 Years+ \$120 Res/\$144 Non-Res; plus \$15 materials fee

Dublin Heritage Park & Museums

Wed 9/23-10/28 6:30-8:30 PM Activity #39121

Wed 11/4-12/16* 6:30-8:30 PM Activity #39122

Wed 1/6-2/10 6:30-8:30 PM Activity #39130

*no class 11/11

COOKING

Rotisserie Chicken Re-imagined

Rotisserie chicken is a great buy, but what about the next day? We will make and taste a couple of recipes, and discuss tips on what to do with leftovers. All recipes can be used with a home-cooked chicken or leftover turkey as well.

1 Class Instructor: Kim Billingsley

14 Years+ \$40 Res/\$60 Non-Res

Shannon Community Center

Fri 10/16 6:00-9:00 PM Activity #39271

The Complete Pie

Join us in this class to learn how to make a two-crust fruit pie from start to finish. Bring a rolling pin, pie plate, and a 2-quart bowl, and leave with a finished fruit pie! Different fruits, seasoning, and thickeners will be discussed.

1 Class Instructor: Kim Billingsley

14 Years+ \$33 Res/\$40 Non-Res

Shannon Community Center

Sun 9/27 1:00-4:00 PM Activity #39270



BICYCLE WORKSHOPS

Adult Bike Safety Class: Urban Cycling 101

Saturday, September 26
10:00 AM – Noon

Dublin Library Program Room

Adults and teens

This fun and interactive classroom workshop taught by a certified League of American Bicyclists instructor will cover:

- Basic rules of the road
- How to equip your bicycle
- Fitting your helmet
- Avoiding bike theft
- Riding after dark
- Avoiding common crashes

Participants will receive a free reflective vest. Register at BikeEastBay.org/Education to participate.

Family Bike Ride

Saturday, October 10
1:00 – 3:00 PM

**Meet at Dougherty Elementary School,
5301 Hibernia Dr.**

Route (subject to change): <https://goo.gl/maps/gC9OW>

Join Bike East Bay instructors and families on this fun, social bike ride around Dublin, celebrating Walk & Roll to School month, and exploring some of the great bike lanes and trails Dublin has to offer. All ages are welcome, but youth participants riding their own bikes should be prepared to handle this 8-mile route. The ride starts at Dougherty Elementary, then heads to Dublin High School, Frederiksen Elementary School, Valley High School, and Wells Middle School. Families from these or any other locations are encouraged to participate and become more familiar with bike routes to local schools. Registration recommended at BikeEastBay.org/DublinFamilyRide.

**Classes are free. For more information, call
Kathy Southern at (925) 833-6630.**

FITNESS & WELLNESS

Heart Rate Training

Get ready for the most intense and effective workout yet. Exercise results can be improved with proper use of a heart rate monitor. Train smart in your correct heart rate zones with The FIT Potato instructors. With Heart Rate Training reaching your workout targets is easy and fun. Polar heart rate sensor required.

8 Classes Instructor: The FIT Potato

18 Years+ \$120 Res/\$144 Non-Res

The FIT Potato

Tue 9/22-11/10 9:00-10:00 AM Activity #39097



Bombay Jam® Total Body Fitness

This program has a serious focus on integrating fun and fitness! Our custom music mixes created with the hottest Bollywood tracks and some American Top 40 music, will motivate participants instantly. Bombay Jam® includes cardio and toning in one action-packed class. The choreography incorporates simple and easy-to-follow dance fitness moves and is full of Bollywood masala! Build endurance and develop long, lean muscle—participants will be burning calories and thrilled by all the Bombay flair! Just one class will leave the class energized and counting down till next Bombay Jam® class.

18 Classes Instructor: Priya Vasudevan

18 Years+ \$175 Res/\$210 Non-Res

Dublin Senior Center

Wed 9/23-2/17* 7:00-8:00 PM Activity #39235

**no class 11/11, 11/25, 12/23 & 12/30*

Sun 9/27-2/7* 10:00-11:00 AM Activity #39236

**no class 11/29 & 12/27*

Pilates Barre Sculpt

Get ready to transform your body to longer, leaner and stronger while enhancing flexibility and posture as we redefine our body image inside and out. This class incorporates Pilates and Barre exercises that engage the core while sculpting and shaping the entire body. This multi-level class focuses on form and alignment, muscle intensity, and calorie burning exercise in a non-impact format.

Instructor: Judith Connaughton

18 Years+

Shannon Community Center

7 Classes \$70 Res/\$84 Non-Res

Thu 9/24-11/5 6:00-7:00 PM Activity #39089

5 Classes \$50 Res/\$60 Non-Res

Thu 11/12-12/17* 6:00-7:00 PM Activity #39090

**no class 11/26*

6 Classes \$60 Res/\$72 Non-Res

Thu 1/7-2/11 6:00-7:00 PM Activity #39091

SPECIAL INTEREST

CPR, AED and First Aid

Did you know that 75 to 80 percent of all out-of-hospital cardiac arrests happen at home and that the majority of victims receive no hands-on care until EMS arrives? Properly applied, CPR and First Aid can save lives and reduce recovery times. Learn to recognize signs of cardiac arrest and also how to deal with emergencies like bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more.

1 Class Instructor: American Safety Academy

13 Years+ \$72 Res/\$86 Non-Res

American Safety Academy

Sat 9/12 9:30 AM-2:00 PM Activity #39201

Sun 10/25 1:00 PM-5:30 PM Activity #39202

Sat 1/23 9:30 AM-2:00 PM Activity #39203

Pilates Plus

Become leaner, stronger and revitalized through Pilates. Pilates is a system of exercises utilizing the body and mind to increase flexibility and strength. The focus of Pilates is on the 'powerhouse' muscles, which encompasses the core muscles of the torso and the relation of the abdominal to the back muscles. This special class also uses rollers and balls for myofascial and muscle release. Students focus on body awareness as class is taught in a fun, informative format. Designed for all levels.

Instructor: Judith Connaughton

16 Years+

Dublin Senior Center

7 Classes \$70 Res/\$84 Non-Res

Mon 9/21-11/2 6:45-7:45 PM Activity #39086

6 Classes \$60 Res/\$72 Non-Res

Mon 11/9-12/14 6:45-7:45 PM Activity #39087

5 Classes \$50 Res/\$60 Non-Res

Mon 1/4-2/8* 6:45-7:45 PM Activity #39088

*no class 1/18

Strength Training For Runners

Strength training is an integral part of every runner's weekly workout. Power up your legs to increase your speed and have a stronger kick. Strengthen your core to improve form and efficiency. Tone your arms to increase cadence. Strength training helps prevent running injuries.

8 Classes Instructor: The FIT Potato

18 Years+ \$100 Res/\$120 Non-Res

The FIT Potato

Wed 9/23-11/11 6:00-7:00 PM Activity #39096



U-Jam® with Andrea

Get ready for a class that's energizing, uplifting, and great for your health! U-Jam® is a cardio dance program that infuses global music genres with an urban beat. From Bollywood and K-Pop to Latin and Jazz, every U-Jam® song follows simple choreographed routines that allow you to get a great workout while having fun! Come dance yourself into better health and spirits with U-Jam® Fitness! No prior dance experience is necessary.

Instructor: Andrea Reak

18 Years+

Shannon Community Center

11 Classes \$110 Res/\$132 Non-Res

Wed 9/23-12/16* 9:00-10:00 AM Activity #39175

*no class 11/11 & 11/25

17 Classes \$153 Res/\$184 Non-Res

Wed 9/23-2/10* 9:00-10:00 AM Activity #39177

*no class 11/11, 11/25, 12/23 & 12/30

6 Classes \$60 Res/\$72 Non-Res

Wed 1/6-2/10 9:00-10:00 AM Activity #39176



Zumba® Fitness with Robin

Dance to great music, with great people, and burn a ton of calories without even realizing it. Who is Zumba® perfect for? Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called "exercise in disguise." It's a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

16 Classes Instructor: Robin Cranford

16 Years+ \$144 Res/\$173 Non-Res

Dublin Senior Center

Tue 10/6-2/9* 7:15-8:15 PM Activity #39046

*no class 11/24, 12/22 & 12/29

Wed 10/7-2/10* 6:00-7:00 PM Activity #39045

*no class 11/25, 12/23 & 12/30

Jazzercise®

Combine dance and various movements to tone muscles. This choreographed workout uses up-to-date music. Class starts with a warm-up and finishes with cooling-off stretches. Call Barbara at (925) 447-8890 for more information.

18 Years+

Dublin Senior Center

Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM

Mon & Wed 5:30-6:30 PM

Tue & Thu 6:00-7:00 PM

Happiness through Hypnotherapy

Ready to have more happiness in your life? Happy people do certain things and have a certain outlook. Discover important activities and skills to help bring yourself fulfillment. Learn about self-hypnosis and how to reprogram your mind to live with a more positive outlook.

4 Classes Instructor: Darrell Mark

18 Years+ \$50 Res/\$60 Non-Res

Shannon Community Center

Thu 10/8-10/29 6:30-7:45 PM Activity #39610

Thu 1/14-2/4 6:30-7:45 PM Activity #39611

MARTIAL ARTS

Beginning Aikido

Improve your confidence, power and agility while learning self defense in a relaxed, friendly and non-competitive environment. No matter your size, gender, age or athletic ability, you will see and feel the benefits. Beginners are welcome and can start at any point during the session, though fees are not pro-rated. Judo uniforms are recommended but not required.

6 Classes Instructor: Ron Hsi

14 Years+ \$39 Res/\$47 Non-Res

Dublin Public Library

Tue, Thu 9/22-10/8 8:00-8:45 PM Activity #39282

Tue, Thu 10/27-11/17* 8:00-8:45 PM Activity #39283

Tue, Thu 1/12-1/28 8:00-8:45 PM Activity #39284

*no class 11/10

Intermediate Aikido

Continue to build upon the basic skills learned in Beginning Aikido with additional practice of self-defense techniques without kicking or punching. Instead, students tap their inner energy and use the strength of their attacker. Learn the fundamental body dynamics, throws, pins, and blocks that make this martial art so effective and popular among men and women of all ages.

36 Classes Instructor: Ron Hsi

14 Years+ \$170 Res/\$204 Non-Res

Dublin Public Library

Tue, Thu 9/22-2/11* 8:00-9:30 PM Activity #39285

*no class 11/10, 11/24, 11/26, 12/22, 12/24, 12/29, 12/31, 1/5 & 1/7

Intro to Silat

Learn the basic Indonesian-Chinese martial arts forms, techniques and self defense applications. Students will learn basic grappling, striking, punching, elbows, knees, and kicks. Participants must be in fair health, willing to perform some basic exercises. Uniform not required.

8 Classes Instructor: Ed Untalan

18 Years+ \$110 Res/\$132 Non-Res

Dublin Public Library

Thu 10/1-12/3* 6:00-7:00 PM Activity #39438

*no class 10/15 & 11/26

Karate

Students will be immersed in the Korean Martial Art of Tang Soo Do while learning basic blocks, punches, kicking and sparring techniques that instill discipline and self-control.

18 Classes Instructor: Robert Berger

15 Years+ \$108 Res/\$130 Non-Res

Dublin Public Library

Mon 9/21-2/8* 7:30-9:30 PM Activity #39269

*no class 12/21, 12/28 & 1/18

**Krav Maga**

Krav Maga is a self defense program that uses fitness, boxing, kicks, weapons defense, ground defense and other mixed systems. We teach our system in blocks; one week may focus on hand techniques, another on ground defense or weapon defense. The rotating curriculum allows a variety of material to be taught which keeps things moving and the students stimulated. We recommend that students are in good physical condition prior to enrollment. Martial Arts America Krav Maga gloves are required, \$49.

10 Classes Instructor: Martial Arts America

15 - 50 Years \$159 Res/\$191 Non-Res

Martial Arts America

Thu 10/1-12/10* 9:00-10:00 AM Activity #39059

*no class 11/26

Sat 10/3-12/12* 9:00-10:00 AM Activity #39058

*no class 11/28

SPORTS

Coed Golf School

Learn to play golf in a friendly, non-competitive environment. Rules and etiquette, as well as basic full swing fundamentals and short game skills (chipping and putting) will be covered. Bring clubs if possible; however, loaner clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Marissa Apodaca, Assistant Golf Professional

18 Years+ \$114 Res/\$137 Non-Res

Dublin Ranch Golf Course

Thu 9/17-10/15 6:00 PM-7:00 PM Activity #40012

Sat 9/19-10/17 9:00 AM-10:00 AM Activity #40013

Sun 9/20-10/18 11:15 AM-12:15 PM Activity #40014

Women's Golf School

Women's golf is on the rise and the Ladies Professional Golf Association (LPGA) is steadily gathering dedicated golf fans. Don't just watch! This is your chance to learn how to play with other motivated women. Instruction includes correct grip, stance, posture, aim and swing. Rules, etiquette and fundamentals will also be covered. Bring your own golf clubs if possible; however, loaner clubs are available if needed. Golf or tennis shoes required.

5 Classes Instructor: Marissa Apodaca, Assistant Golf Professional

18 Years+ \$114 Res/\$137 Non-Res

Dublin Ranch Golf Course

Wed 9/16-10/14 6:00-7:00 PM Activity #40011

Private Tennis Lessons

Both private and semi-private lessons are available for youth (4 years+) through adults. Lessons are held at an agreed-upon date, time and location. Look for detailed descriptions of our five highly qualified Arora Tennis instructors and registration information at www.DublinRecGuide.com. Click on Programs, then Children's Classes, then Children's Sports. Questions? Contact rich.jochner@dublin.ca.gov.



Cardio Tennis

Looking for an ideal alternative to working out in the gym? Cardio Tennis is a new, fun group activity with drills to give athletes of all abilities the ultimate, high-energy workout. Taught by a United States Professional Tennis Association (USPTA) teaching professional, it includes a warm-up, cardio workout, and cool-down phase. If you want a new way to get in shape and burn calories, try Cardio Tennis! All playing levels are welcome. Instructor/student ratio is 1:7. **Note:** Online registration is open now for September classes.

6 Classes Instructor: Arora Tennis

18 Years+ \$109 Res/\$131 Non-Res

Emerald Glen Park

Tue 9/8-10/13 7:00-8:00 PM Activity #39843

Tue 10/27-12/8* 7:00-8:00 PM Activity #39844

*no class 11/24

Fallon Sports Park

Sat 9/12-10/17 8:00-9:00 AM Activity #39845

Sat 10/31-12/12* 8:00-9:00 AM Activity #39846

*no class 11/28

Tennis 101

Learn a sport that you can enjoy for a lifetime with this easy, step-by-step lesson plan. Participants will receive plenty of individual attention in this class for those with minimal or no previous tennis instruction. Basic fundamentals will be covered, with a focus on developing solid techniques. Instructor/student ratio is 1:6. **Note:** Online registration is open now for September classes.

6 Classes Instructor: Arora Tennis

18 Years+ \$119 Res/\$143 Non-Res

Schaefer Ranch Park

Mon 9/7-10/12 6:45-7:45 PM Activity #39888

Sun 9/13-10/18 1:00-2:00 PM Activity #39884

Mon 10/26-12/7* 6:45-7:45 PM Activity #39889

*no class 11/23

Sun 11/1-12/13* 1:00-2:00 PM Activity #39885

*no class 11/29

Emerald Glen Park

Thu 9/10-10/15 7:00-8:00 PM Activity #39880

Thu 10/29-12/10* 7:00-8:00 PM Activity #39881

*no class 11/26

Fallon Sports Park

Sat 9/12-10/17 9:00-10:00 AM Activity #39882

Sat 10/31-12/12* 9:00-10:00 AM Activity #39883

*no class 11/28

Kolb Park

Sun 9/13-10/18 9:00-10:00 AM Activity #39886

Sun 11/1-12/13* 9:00-10:00 AM Activity #39887

*no class 11/29

Tennis 102

Intermediate players—this class is for you! Continue to develop solid techniques and further strengthen your skill level. Instructor/student ratio is 1:6. **Note:** Online registration is open now for September classes.

6 Classes Instructor: Arora Tennis

18 Years+ \$119 Res/\$143 Non-Res

Emerald Glen Park

Sat 9/12-10/17 9:00-10:00 AM Activity #39890

Sat 10/31-12/12* 9:00-10:00 AM Activity #39891

*no class 11/28

ADULT SPORT LEAGUES

Adult 5-on-5 Basketball Leagues

The Men's 5-on-5 Basketball League season consists of a ten-game schedule, plus playoffs for the top qualifying teams. Men's C level should be considered higher than the Men's D level. The 5-on-5 leagues will be played in the afternoon and evening. Registration is currently open for these leagues; late fee applies after 8/31.

18 Years+ \$640 Res Team/\$768 Non-Res Team

Stager Community Gymnasium

"C" League begins Sun 9/13 Activity #39483

"D" League begins Sun 9/13 Activity #39481

Adult Softball Leagues

Fall Softball Leagues consist of a six-game schedule, plus playoffs for the qualifying top teams. Game times are 6:30, 7:45 and 8:45 PM. Late fee applies after 8/21 (Coed), and 8/26 (Men).

Fall Men's

18 Years+ \$475 Res Team/\$570 Non-Res Team

Fallon Sports Park

"D" League begins Tue 9/8 Activity #38867

Fall Coed

18 Years+ \$475 Res Team/\$570 Non-Res Team

Fallon Sports Park

Coed "D" begins Thu 9/3 Activity #38868

Resident/Non-Resident Team Status

To qualify as a resident team, 51% of the roster must be Dublin residents, or sponsored by a Dublin-based business with a current business license and pay by company check or credit card.

Team Registration

Resident team registration must be done in person at Shannon Community Center. Non-Resident team registration may also be completed online. Full registration and payment must be completed 2 weeks prior to the advertised league start date, or a \$25 late fee applies. No partial payments will be accepted. Players must be at least 18 years old.

Free Agent List (individuals)

The City of Dublin maintains free agent lists for basketball, bocce and softball. Call (925) 556-4500 to be added to a list. This list is shared with team managers upon request.